


Fitness Pass Classes

Nov 14- Dec 31, 2016

LAND

11/2/2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<small>GROUP</small> CENTERGY 5:45am	<small>GROUP</small> POWER 5:45am	<small>GROUP</small> BLAST 5:45am	<small>GROUP</small> POWER 5:45am	<small>GROUP</small> CENTERGY 5:45am	<small>GROUP</small> POWER 7:45am
Enhance Fit 62+ Intermediate 8:45am Advanced 10:00am		Enhance Fit 62+ Intermediate 8:45am Advanced 10:00am		Enhance Fit 62+ Intermediate 8:45am Advanced 10:00am	<small>GROUP</small> fight 9:00am
<small>GROUP</small> POWER 12:15pm	<small>GROUP</small> CENTERGY 12:15pm	<small>GROUP</small> POWER 12:15pm	<small>GROUP</small> BLAST 12:15pm	<small>GROUP</small> POWER 12:15pm	ZUMBA 10:00am
ZUMBA 1:30pm		ZUMBA 1:30pm	<small>GROUP</small> CENTERGY 1:30pm	<small>GROUP</small> fight 1:30pm	SUNDAY
<small>GROUP</small> BLAST 4:15pm					<small>GROUP</small> BLAST 9:30am
PUMP IT UP! 5:30pm	<small>GROUP</small> BLAST 5:30pm	PUMP IT UP! 5:30pm	<small>GROUP</small> fight 5:30pm		<small>GROUP</small> CENTERGY 10:35am
<small>GROUP</small> POWER 6:40pm	ZUMBA 6:40pm	<small>GROUP</small> fight 6:40pm	<small>GROUP</small> POWER 6:40pm	 <p>Detailed information is available at: 425-670-5732 www.PlayLynnwood.com Closed: Nov 24, Dec 24, Dec 25</p>	
<small>GROUP</small> CENTERGY 7:50pm	<small>GROUP</small> fight 7:50pm	<small>GROUP</small> CENTERGY 7:50pm	ZUMBA 7:50pm		

GROUP
POWER

This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment, with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

GROUP
CENTERGY

Redefine yourself with Group Centergy®. Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Take the time to Center Your Energy with Group Centergy.

GROUP
fight

Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

GROUP
BLAST

Group Blast is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

PUMP IT UP!

Ready to exercise, but don't know where to start? A circuit style group workout that utilizes the most effective training techniques to help you achieve better core strength, balance, endurance, and a revved up metabolism. Adaptable to most fitness levels.

ZUMBA

ZUMBA® has become one of the fastest growing dance-based fitness workouts fusing Latin rhythms with easy to follow moves. Burn calories and body fat, and tone and sculpt your body. 'Ditch the workout! Join the Party!' Bring a towel and bottled water.

**Enhance Fitness
Classes**

The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified. Open to ages 62+ and free to Group Health members. Call 425-670-5050 or stop by the Senior Center for details.